

USS Frank Cable Ombudsman Newsletter



MAY/JUNE 2006

"Ombudsmen — the link between Command and Navy Families since 1970"

From the Bridge

by CAPT Leo Goff, Commanding Officer

Our major maintenance period is over and the ship is back to going to sea. Your spouses performed fabulously during the availability, completing all tasks safely, efficiently and finishing on time. It's good to be back to sea.

I hope you all have a chance to visit and see the new "Club Macambo," our renovated mess deck. I know the crew is happy to be able to eat onboard once again.

Along with being fully operational and being the deployable assets of choice in the Pacific mix comes unavoidable schedule changes to support operational tasking. Supporting ships and submarines in the Pacific is why our schedule has been so fluid for this summer. I do appreciate everyone under-



standing and being flexible. I fully understand the impact as you try to plan family activities. Always keep in mind that the mission we do is tied directly to our nation's defense

Summer is the traditional time for a great deal of personnel turnover on the ship. I'd like to wish all of those who are leaving in the next few months fair winds

and following seas, and I'd like to welcome all of you who have recently arrived. With new faces come new ideas and I look forward to embracing new concepts and continuing to improve the working conditions on the FRANK CABLE. I look forward to meeting our new families as the summer events unfold.

Inside this issue:

Chaplains Corner	2
Ombudsmen Notes	3
Important Phone Numbers	3
Important Websites	3
Family Support Group	4
Read All About it....	5
Destination Guam, Welcome	5



A little Q & A with the new XO

exerts from the "Cable Gram", April 3, 2006

Name: CDR Steven D. Cole

Hometown: Marion, Indiana

Family Status: CDR Cole is married to his wife of 36 years and has two sons, ages 35 and 32. The oldest is a Navy Chief Petty Officer.

Service length: 36 years and counting, 15 years enlisted, 21 years—LDO.

What's the most valuable thing you've learned from the Navy?

I joined the Navy in 1970 as a 17 year old high school dropout married with a child and I woke up one day and said, "Wow. What happened?"

The Navy has provided me an opportunity for success without affiliation with any political party or any individual.

I've received a GED and I now have a college degree from University of Indiana Kokomo. I've gone from E-1 to O-5, I've been a CO in two different places...this is tender #5 and my third tour as an



XO...those opportunities, those skill sets, those leadership challenges, the things I've gotten to see and do are what I cherish the most. The biggest one out of all of them is the relationship with people that I've developed over the years. They're what make the experience better.

Why stick around the Navy for 36 years?

Here's the re-enlistment speech I got as a young sailor. I was an E-3 working in deck department in 1971 aboard a DLG and the deck guys (the sea hounds) liked to sneak around outside. They'd be standing on the 03 level observing you down on the 01 level; you'd have no clue they're there because you don't always look up.

We were doing something, I don't know...off-loading some 55 gallon drums or whatever, but, after we finished that evolution, this Chief says "Hey, come up here."

I looked up and I said "Aww man...."

So I go up

CONTINUED ON PG 2

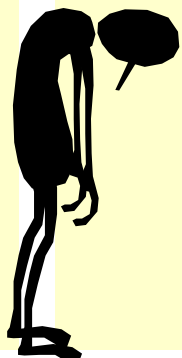
Everyone goes through periods of feeling sad, lonely or unhappy. Everyday events and our reactions to them occasionally interfere with our peace of mind. When such feelings linger for weeks or months, preventing a return to a normal healthy outlook on life, they may cause depression. Depression is considered the most common psychiatric problem in the U.S., affecting millions of people yearly. It is estimated that 5-30% of women experience depression at some point in their lives. The difference of depression between women and men starts around the time of adolescence. As we grow older, greater is the indifference. Women experience depression more often than men during the ages of 18 through 44, especially after age 25. Between ages 44 through 65, the gender difference is less pronounced. But after age 65, women are more likely to experience depression more than men. Depression in women is often accompanied by other troubling symptoms, which include anxiety, sleep disorders, panic attacks and

occasional eating disorders.

Recognizing the signs and symptoms of depression can vary greatly. Some common signs are feeling of hopelessness and helplessness, persistent sadness, negative thinking and worrying, low self esteem, loss of pleasure in usual activities, irritability and problems with concentration, memory loss and decision making. If several of these symptoms are present and persist for weeks or months, there is a greater likelihood that the individual is suffering from depression. "What causes depression?" In many instances, depression has no identifiable cause.

There are many risk factors that may bring about depression.

These include genetics, changes in hormone levels, negative life events, medications and certain disease. Why does it appear that women seem more prone to depression than men? Several factors, both internal and external conditions may



contribute to the increase of incidence. Some research believes that depression may result from chemical imbalances in the brain. These chemical imbalances trigger hormonal imbalance, which is a reaction to the ups and downs of life or a combination of factors.

Whatever the cause of depression, it is important that women and men learn to recognize the signs and symptoms and seek medical assistance if depressions persist. A doctor's guidance and medical expertise are crucial to understanding the appropriate action toward recovery. Depression can most often be treated effectively through the benefits of counseling by a chaplain or therapist and with prescribed antidepressant medication. Depression is a complex disorder and it can have many causes and manifestations. But there are effective treatments available that can help to control it. With proper treatment, women who have suffered can participate fully in all that life has to offer.

CONTINUED: Q & A FROM NEW XO

and talk to him and he said, "Look, I want you to stay here on the ship. What do I gotta' do?"

I said "No, I want to go, I've done my time. It's time for me to move on."

And he asked me, "Is it your experience with the leadership here?"

I said "Well, some of it was good, some of it was bad. I've learned from those who are not as good as others that I don't want to be like them. I've learned from those who are better than others that I can put their tools in my tool box."

His response, "Well" he said, (and this is the realistic speech I got for the career deciding factor), "if you don't like the way the Navy's being operated and Navy's being run where you are, the only way you're going to change it is to hang around here long enough, and promote yourself into a position to be able to influence change."

And going from E-1 to O-5....and

now as XO on a tender, I can influence some change.

What is your vision for USS FRANK CABLE?

My visions are in line with the CO.

I want FC to be the duty station of choice. I want the FC to succeed in newer evolutions, many of the scheduled challenges.

I want FC to succeed with Sailor recognition; specifically, I want other commands to say, "I recognize that person as a FRANK CABLE Sailor because they're so squared away."

I want our Sailors to take advantage of all the opportunities that are offered: education, promotion and being a true shipmate.

I want to promote and understanding that honor, courage and commitment extend into your personal life. With THOSE core values, then collectively we can cause ordinary people to do extraordinary things.



Steak & Spuds
\$5



Relax with the sunset on a Friday night, cheap food, good music, kids welcome....

Come take advantage of the Steak and Spuds night at the Polaris Point Club. There is live entertainment, a duo who play a selection of soft rock and oldies outside on the deck.

The meal consist of steaks done to your perfection, baked potato and fresh salad. Burgers are also available. The club is open for beverages (sold separately).

Come join us every 1st Friday of the month.

The next Steak and Spuds night will be May 5 at 5:00pm

This is a great event for EVERYONE, bring your friends!

What is an Ombudsman?

The ombudsman's major role is a bridge between the command, its family members and the resources of the community. They act as a two-way communicator, a referral agent, and interpersonal helper for family members. The Ombudsman is someone who will listen! They can refer Navy families to various support agencies for assistance.

The Ombudsman is a person with whom you can discuss a problem in confidence. They have promised to treat the problems you discuss in a confidential and professional manner, and can make sure you are informed about services and opportunities available to you. The Ombudsman is a person the command has instructed and trained because they care very much about making your life easier.

If at any time you or your family needs assistance, please feel free to contact us via email at cableomb@yahoo.com or by phone at 671-687-0752.

Ombudsmen Notes

Ship's Movement Via Email

Recently when the ship was out to sea and ready to return, we sent an email advising you when the ship was due to arrive. Some family members had some valid concerns over this type of communication.

Ship's movement IS confidential and should not be discussed in non-secure locations (i.e. malls, parks, hotel lobbies, etc.), over cell phones, land lines and yes, even e-mail. As we all know, with technology today, there are many ways for unwanted people, such as terrorist, to find this information out.

There are certain circumstances in which we are given permission to share this exciting information with you. If the ship is due to arrive within 24 hours, one circumstance would be, if the Captain sent us the information and two would be, if the Squadron contacted us. This is all done without jeopardizing our sailors safety.

Thank you for your concern and appreciation for the safe return of the FRANK CABLE. We hope this answers some questions, if not please do not hesitate to call or e-mail us for further assistance.

Diane Brown and Malina Finocchiaro

USS FRANK CABLE Ombudsmen Team

Important Phone numbers and Websites

USS Frank Cable

Quarter Deck	343-2545
Site III Quarter Deck	339-4146
Ombudsman Team	687-0752
Care line	343-CARE(2273)
Family Support Group	687-4949

Naval Hospital

Quarter Deck	344-9340
Central Appointments	344-9202
COMNAVMAR Clinic	3397118
Pharmacy Refills	344-9620
Tri-Care	344-9777
Poison Control	800-222-1222
Emergency Room	344-9314/9232
American Red Cross	344-9260

American Red Cross	800-951-5600
American Red Cross	(619) 542-7552
Preventative Medicine	339-1107

Chapels

COMNAVMAR	339-2126
Naval Hospital	344-9127

DODEA

Administration	344-9160
McCool Elem/Middle	339-5347
Anderson Elementary	366-1511/2
Anderson Middle	366-3880
Guam High	349-5253

Housing

Welcome Center	333-2081/2
Trouble Desk	333-4663
House Hold Goods	333-2045
Loaner Furniture	339-5246
Lock out Service	888-4326
Self Help	339-7184
Personal Property	333-2045/6
Vehicle Processing	339-2205
Vehicle Inspection	339-2886

Recreation & Support

MWR	564-1852
MWR Tickets & Tours	564-6977
Big Screen Movies	564-1830
Charles King Gym	564-1824

CNM Rec N Crew	564-1826
NCTS Sports & Outdoor Ctr	355-5623
Anderson CDC	366-6280/1601
COMNAVMAR CDC	564-1844
Hospital CDC	472-2312
Admiral Nimitz Golf Course	344-5838/5939

Miscellaneous

NEX	339-7277
NEX II	339-3079
Autoport	564-1446
AAFES	653-1136
CNM Commissary	339-5173
Anderson Commissary	366-2264
CNM Auto Hobby Shop	564-1827
Anderson Gift Shop	366-2747
NFCU	339-4021
CNM Pass/Decal Office	339-5208
Boller Vet Clinic	564-3225
Guam Telephone Authority	644-4482
Marianas Cablevision	635-4628
Navy Marine Corp Relief	564-1879/80
CNM FFSC	333-2056/7
EMERGENCY:	333-2989 OR 911

www.guam.navy.mil	Information about COMNAVMAR, including housing and recreation.
https://metoc.npmoc.navy.mil	Joint Typhoon Warning Center
www.tumon.com/ghsa	Guam Home School Association
www.whereismypov.com	Find your POV online
www.militaryshoppers.com	Commissary coupons online
www.guampdn.com	Pacific Daily News, Guam online newspaper
www.dmdc.osd.mil/sites/	SITES Directory, information about all duty stations around the world
www.housing.navy.mil/onestop/main_lbw.htm	Worldwide Navy government housing information

Frank Cable

Family Support Group

By
Kymerli Ross

Hello everyone! The USS Frank Cable Family Support Group has some exciting news and upcoming events that I would love to share with you.

First, we have a new Treasurer, Karla Kelly. She is back on Guam with her family for their 3rd tour and she was actually the Treasurer of our great group when it was originally established. I for one am delighted to have her back with the Family Support Group and back as our Treasurer. Welcome Karla!

At our May meeting, which falls on Thursday, May 4th at 7:00P at the Community Center on Big Navy we will be doing a couple of things. First, we will be doing crafts, so if you have a favorite craft you like to do in your spare time, bring it with you and share your ideas with some of our other members. Next, we will be working on a banner to give to the ship for Father's Day with sections for you to customize with your kids. And finally, we will be doing a recipe exchange. You can bring your favorite appetizer/dessert and the recipe to share with the other members of the group. So, we will be eating, crafting and having a great time! I hope to see you there!

On June 18th, Father's Day, we will be having a Family Support Group sponsored day at Tarza Waterpark. We will be ordering tickets in advance and the cost to USS Frank Cable Families will be \$5/family for the tickets. If you are interested in attending, please RSVP to me on the CABLEFSG group on Yahoo so I can get an accurate count for the ticket purchase.

We don't have the meetings for June through December planned, so if there is something you would like to do, or have happen at one of the upcoming meetings, please either email me or better yet, bring the idea to our meeting in May and we can make up the schedule of events for the rest of the year.

I look forward to seeing you at our meetings and events! If you need to contact me my email address is [Kym-bi089@yahoo.com](mailto:kym-bi089@yahoo.com) or frankcablefsg@yahoo.com. I check my emails regularly and will get back to you as soon as possible.

Kymerli Ross, President
USS Frank Cable Family Support Group



Cable Kids Egg Hunt At Polaris Point



April 15, 2006



Want to Join the CABLEFSG?
Just visit us online at Yahoo.com,
select Groups from the selection
box, search for CABLEFSG.
When you enter the webpage, on
the top right corner, above the
ship's picture there is a blue
button that says "Join this group".

The Boller Veterinary Clinic is not closed.

The only service at the Vet Clinic that is not avail-
able is the surgery area which was closed due to
ventilation problems. Appointments are still
available for services other than surgeries.

For more information, please contact the Vet Clinic
at 564-3225

Destination....Guam, Welcome Aboard!!

CSC Lawrence Arnold and his family, Wendy,
Amanda and Mary

RP2 Lydia Calderon and her daughter, Jamelist

MM2 Scott Daniels and his wife, Margo

MM3 Scott Davis and his wife, Jun

SKSA Giannina Gutierrez and her husband,
Daniel

MM3 Gavin Landry and his wife, Kayla

CS2 Brian Lee and his wife, Carmen

LT Lauro Luna and his wife, Sylvie

MM2 Christopher McCulley and his wife, Mary

MMCS Vance McKinsey and his family, Kim,
Hunter and Logan

MM2 William Nice and his wife, Carrie

SKCS Salgado and his family, Leonora,
Kristine, Kris and Paul

MM2 Larry Simms and his wife, Tawana

SKSN Jay Sorupia and his wife, Ermie

MM2 Thealia Thompson and her family,
Brandon and Ariel

ENC Bryan Wilcox and his family, Rita and
Corbin

EMC Rey Copon and his family, Marilyn,
April, Angelo and Reyamar



Anderson Brown, 3 years old, son of ETC Derek and Diane
Brown, enjoying the Frank Cable Family Support Group Easter
Egg Hunt.

Read All About it...

Navy Exchange

- Starting May 3rd, the Navy Exchange will be extending their hours on a trial bases for 90 days. The new hours are as follows:
- Barrack Mini Mart closing at 10pm
- Autoport Gas Station open at 5 am
- Main Exchange 9:30am—8 pm
Wednesday, Friday and Saturday

HOUSING

- Yard of the month program will start June 2006.
- Energy Conservation in effect, turn off outdoor lights during the day, residents will be cited.
- Water Conservation in effect, water grass between the hours of 7pm and 6am. Not during the day.

DEPARTMENT OF THE NAVY
NAVY FAMILY OMBUDSMAN
USS FRANK CABLE AS-40
FPO AP 96657-2615
OFFICIAL BUSINESS

MAY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 FSG Meeting	5 Steak & Spud Night	6
7	8	9	10	11	12	13
14 Mothers Day	15	16	17	18	19	20
21	22	23	24	25	26 Asian Heritage Celebration	27
28	29 Memorial Day	30	31			

Su	Mo	Tue	We	Th	Fri	Sat
				1 FSG Meeting	2 Steak & Spud Night	3
4	5	6	7	8	9	10
11	12	13	14 Pre-K End of School	15 K-8 End of School	16	17
18 Fathers Day at Tarza WP	19	20	21	22	23	24
25	26	27	28	29	30	

* Asian Heritage Celebration at Polaris Point, 1200.